

# News from the New Hampshire Department of Environmental Services



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**FOR IMMEDIATE RELEASE**

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## **DES Partners with Shaw's to Clarify Fish Consumption Message**

Concord, NH - The New Hampshire Department of Environmental Services is working with Shaw's Supermarkets across the state to help pregnant women make the right choices when buying fish for themselves and their children. Due to confusion about the mercury warnings and fish consumption, many people including some pregnant women have decided that it is safer to avoid eating fish. DES felt there was a need to correct the risk perception regarding mercury and fish consumption. DES urges the public to "eat healthy fish" in moderation rather than eliminating fish from their diet. Shaw's Supermarket has agreed to display a poster at their fish counters throughout the state, which will help women to make the right choices when buying fish. The posters highlight which fish are the best to eat and how much of each kind to eat. It also highlights which fish to avoid due to their high levels of mercury.

Fish is a good source of nutrients that are important to a child's growth. Fish contain high levels of protein and omega-3 fatty acids, a key nutrient for brain development. Many health experts recommend eating fish during pregnancy. However, some fish contain levels of methyl mercury that can be a risk during pregnancy or to young children. Therefore, we want to help women and children carefully choose which fish to eat.

"It is great to see Shaw's Supermarkets taking the lead by displaying these posters. This effort shows its commitment to helping its customers make healthy choices. We are proud to partner with Shaw's in this effort," said DES Commissioner Thomas Burack. "Shaw's is the first major grocery retailer in the state to display these posters and we commend their efforts!"

For more information about the New Hampshire statewide fish advisory, please contact Sherry Godlewski at (603) 271-6801 or [sgodlewski@des.state.nh.us](mailto:sgodlewski@des.state.nh.us).

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